

## ABSTRACT OF THE DISCLOSURE

A dental device (10) broadly comprises a center section (12) flanked by a first picking section (14) and a second picking section (16). The first picking section (14) and the second picking section (16) are relatively flat and may include a roughened surface (50). The device (10) is preferably constructed in one-piece and molded from semi-rigid thermoplastic which resists breaking. The first picking section (14) is thicker and stronger than the second picking section (16) in order to dislodge most any debris caught between teeth. The second picking section (16) is narrow enough to reach between closely spaced teeth. In use, a person holds the device (10) by the center section (12) and inserts either picking section (14,16) between their teeth. The person works the device (10) back and forth using the roughened surface (50) or angles of either section (14,16) to disturb bacteria and other foreign substances.